

# Heritage Center

The Heritage Center is 55+

June 2015 Supplement

#10 E. 6150 S.  
801-264-2635  
[www.murray.utah.gov](http://www.murray.utah.gov)

Accredited by   
National Institute of  
Senior Centers

## June Updates

- **Private computer classes** are available on **Monday or Wednesday** Check at the front desk for times.
- The summer breakfast program will begin next month on **July 13** and continue through August. Enjoy breakfast on the patio **Mondays** from **10:00-noon**.
- Because of the demand for more pickleball time, we are opening up instructional/drop in time on **Mondays** from **10:15-12:00**. Play continues on **Thursday** from **9:00-11:00** as well. Drop by and learn how to play!
- Come and celebrate Father's Day at the Car Show on **Saturday, June 20**. Bring your grandkids and kids for pancakes and a look at some very cool cars!
- Don't forget, lunch options are available if you choose not to have the menu item.

## Family Concert—Monday, June 8—7:00 PM



The Fabulous Flynnstones will kick off the free summer concert series in the backyard on **Monday, June 8** at **7:00 PM**. The Center will open at 6:00 if you'd like to bring a picnic dinner and come early. The Flynnstones are a group of veteran players based in Salt Lake who bring together decades of inspiration to fuse jazz, rock, funk, and Latin, into their own brand of originals and select covers. You'll hear familiar melodies from the illustrious past of jazz and rock, spun into lively adventurous renditions, energized with soul and a deep appreciate for the groove. All ages are welcome, bring family & friends. A special thanks to the Murray City Cultural Arts Department for bringing us the summer concert series. Coming next month on July 13—Salt City Saints.

## Heritage Fundraiser

Saturday, June 20 — 8:00-1:00

Car Show-Yard Sale-Pancake Breakfast

Invite the family & friends!



\$10 entry fee per car (\$15 day of show). First 50 entries receive a T-shirt, dash plaque, and a chance to win a BBQ grill donated by RC Willey. The **Car Show** runs from 9:00-1:00.

Tickets are on sale now for the **Pancake Breakfast** or purchase at the event for \$3. The breakfast runs from 8:00-11:00 and will be located outside in the west parking lot. Enjoy pancakes and juice and the music of the Second Story Band. The band plays from 9:00-10:00.



Donations for the **Yard Sale** are currently being accepted. Working and CLEAN items only please. Invite family and friends to shop for treasures at the Yard Sale anytime between 8:00-1:00. All proceeds benefit programs and services at the Center.

June  
2015  
Heritage  
Center  
Events



Heritage  
Center

#10 E. 6150 S.  
(West of State)  
801-264-2635

[www.murray.utah.gov](http://www.murray.utah.gov)  
[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

We are here to  
serve you

Monday-Friday  
8:00-4:30 and  
Thursday until  
10:00 PM

Monday		Tuesday	
8:00 Murray/Golf 9:00 NIA 9:15 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- <b>The Hobbit</b> 2:00 Strength Conditioning	1	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	2
9:00 NIA 9:15 Computer Help 10:00 Tuachan Trip 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- <b>Into The Woods</b> 2:00 Strength Conditioning 7:00 Family Summer Concert	8	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Attorney Consultation 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help/ Bereavement 12:45 Crafts 2:00 Beginning Line /Craft Class	9
7:30 Glenmoor/Golf 9:00 NIA 9:15 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- <b>Box Trolls</b> 2:00 Strength Conditioning	15	8:30 Ceramics 9:00 Stretch/ <b>No Haircuts</b> 9:30 Line Dancing 10:30 Tai Chi / Staying Sharp 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing	16
9:00 NIA 9:30 AARP Smart Driving Class 9:15 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- <b>Interstellar</b> 2:00 Strength Conditioning	22	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing	23
8:00 Wasatch /Golf 9:00 NIA 9:15 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- <b>Big Hero 6</b> 2:00 Strength Conditioning	29	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing	30

Wednesday		Thursday		Friday	
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:00 The Hearst Castle 12:45 Bingo 1:00 Bridge 1:00 Computer Help	3	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:30 Exercise Help 12:30 Game Day / Happy Hatters 1:00 Square Dance 2:00 Strength Conditioning 7:00 Dance	4	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	5
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge 1:00 Computer Help	10	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help / Game Day 1:00 Square Dance 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance /UTE RC	11	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	12
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge 1:00 Computer Help	17	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Skin Caner Screening 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:30 Games / Happy Hatters 1:00 Square Dance 2:00 Strength Conditioning 7:00 Dance	18	9:00 Zumba 10:00 Yoga 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge  **Car Show/Yard Sale/Pancakes <b>tomorrow</b> (Saturday) from 8-1	19
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Hearing Screening 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge 1:00 Computer Help	24	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Toe Nail Clippings 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 1:00 Square Dance 2:00 Strength Conditioning 6:00 Bath Fizzes Craft Class 7:00 Dance	25	9:00 Zumba 10:00 Yoga 10:30 Relay Utah 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	26

## Program Reminders

### Recreation

Jam Session—Thursday, June 11 at 3:30

Square Dance—Thursdays at 1:00

18 Hole Golf Tournaments—Murray  
Parkway 6/1, Glenmoor 6/15,  
Wasatch 6/29

Pickleball-Monday & Thursday mornings

### Services

Blood Pressure and Glucose checks on  
Thursday, June 4 at 11:00 and Friday,  
June 19 at 11:00

Attorney on Tuesday, June 9 at 11:00

Skin Cancer Screening Thursday, June 18  
from 9:30-11:30—appointment needed

Podiatrist on Thursday, June 25 at 9:30—  
appointment needed

Barbershop every Tuesday morning.

Computer Help \$3 — Mondays &  
Wednesdays — call for appointment

Massage Therapy—Fridays 11:45-3:45

### Trips

Tuachan— Monday, June 8 at 10:00

### Classes

Meditation on Mondays at 10:30

Bereavement Support on Tuesday, June  
9 at 12:30

Wood Craft — Tuesday, June 9 at 2:00.  
Cost is \$5 and includes all supplies.

Staying Sharp — Tuesday, June 16 at  
10:30

Medicare Counseling on Tuesday, June  
16 at 12:00

Vital Aging on Tuesday, June 23 at 10:30

Relay Utah — Friday, June 26 at 10:30

Exercise every day — check the front  
desk for a schedule of classes.

## Upcoming Trips

### Shakespeare Festival—sign ups begin June 17

The Heritage Center will again charter a bus to visit the Tony Award winning **Shakespeare Festival, August 31 – September 2**. Join us as we see three plays this year, *The Taming of the Shrew*, *Charley's Aunt*, and either *South Pacific* or *King Lear*. The cost is \$310 per person (double occupancy) and \$375 (single room) and includes two nights at the Abbey Inn, chartered bus, dinners at Rusty's and Milt's and three plays. More details can be found at the front desk. Registration begins **June 17** and at least \$50 needs to be paid when reserving your spot. Final payment is due by July 23.

### Utah Festival Opera—Matinee Show

With the arrival of our new bus, we no longer have the ability to offer an overnight trip to Logan to see the Utah Festival Opera. We will, however, take the bus to Logan to have lunch at the Bluebird (on your own) and see the matinee of Man of La Mancha on **Thurs., July 16 at 9:30 AM**. The cost of the trip is \$55 for transportation and show ticket. Registration begins on June 24. This trip is very limited because the new bus holds 14 riders.

### New Bus Delivered in June

The new 14 passenger bus will be delivered in June and the old bus is being sold. The new bus doesn't require a CDL license so we are hopeful we will have more flexibility in offering trips and pickup service. We will continue to charter a bus for the trip locations that can handle 50 people.

Because we aren't sure on the bus arrival date, we haven't planned any trips for June. Watch for a complete line up in July. We have a group of four volunteer drivers who have agreed to help with trips and regular pickup service. The volunteer drivers must pass a physical, drug screen, driver test, and other training before they begin driving the bus. See Susan if you are interested in being a driver.

If you are interested in the transportation service and you are a Murray resident, let the front desk know what days and times you are interested in coming and we will look at the needs and interests as we try to plan a schedule.

### Classified AD anyone?

Starting with the July/August issue, the Center will offer a classified ad section for Center participants. The cost will be \$5 for up to 50 words.

Want to sell something or wish someone a happy birthday? Put it in the Heritage newsletter. The deadline to advertise in the July/August issue is June 15. Ads selling something will need a phone number. The Classified section will be available six times a year in the July/August, September/October, November/December, January/February, March/April issues. See the front desk if you'd like more information.



# Heritage Center—New Classes & Services in June

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## Look What I Made

On **Tuesday, June 9 at 2:00** Susan Callaway will be teaching a Pineapple wood craft class. The cost of the class is **\$5** and includes all supplies. Please come and join the fun, you will be able to make your Pineapple and complete it that day. Sign up now.

## Bath Fizzes Craft Class

On **Thursday, June 25 from 6:00-7:30** Diane Tibolla Curtz and Renae Curtz will be making homemade gift tags and bath fizzes. The cost of the class is **\$10**. You will need to bring the following: Medium-size mixing bowl, metal fork, flour sifter (if you have one) and approximately 1/3 cup dried flowers and/or herbs for your bath fizzes. You can bring any kind of dried flowers that you enjoy. Diane is Vice President of the Salt Lake Master Gardener Association and a current board member of the Scott M. Matheson Preserve and Governor's Grove. Renae Curtz has spent 14 years in the craft industry as a product developer, paper-craft artist, and magazine editor. She enjoys sharing her love of crafts with others. You will be able to create in this one class a very special item for a mother, aunt, neighbor, or something for yourself. Come and enjoy the fun! Sign up now.

## Dance Lessons

The Center is offering a new four session Dance class starting **Monday, July 6 at 1:00-2:00**. The Dance Lessons will be held each Monday in July. You will learn two new dances: Rumba and West Coast Swing. Classes are for beginning level dancers—no prior experience required. Dance lessons will be taught by Kyle and Jackie Kidd from Bountiful. **Sign up is required for these classes. You must have a dance partner to participate.** These classes are free, sign up now.



## Hearing Screening

On **Wednesday, June 24 at 10:30** Costco will be at the Center providing Hearing Screenings. Having good hearing is essential to keeping your brain active and you interacting with others. A licensed professional from Costco will assist you with a hearing test. This is a free class, sign up now.

## Massage Therapy on Fridays

The Center is pleased to announce our new Massage Therapist, Sue Corder. You can start to register for her services right now. She will be at the Center on **Fridays starting June 5 from 11:45-3:45**.

*Relax*  
*PEACE Silence*  
*enjoy Rejuvenate*  
*Refresh Soothe*  
*CALM Quiet*

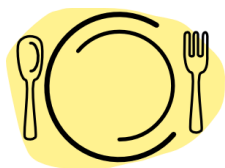
Sue is a Nationally Certified and Utah State Licensed massage therapist: as well as a member of the American Massage Therapy Association (AMTA). She has transitioned from 20 years of working in various areas of the medical field

into a more hands on and holistic approach to helping clients. She is very excited to be working in this environment and to help clients realize the benefits of massage therapy and assist them in realizing their potential for maximum health. Sue's massage expertise integrates from several modalities including Swedish, Sports and Orthopedic Massage, Deep Tissue Massage, Trigger Point Therapy, Myofascial Release, Injury Rehabilitation, and Postural Assessment. She has experience working with clients who suffer from chronic and acute pain, sports injuries, and automobile accidents. Sue's personal experience with severe injuries helps her uniquely identify with the physical, mental, and emotional needs of her clients.

## Spine Class coming in July

On **Friday, July 10 at 10:30**, Dallen B. Lovell, PT, OMT, will teach a class on the Aging Spine. The class will include information about the spine and the effects of aging to help you avoid injury as well as instruction in proper exercises to strengthen the spine. Watch for complete details in the July newsletter.





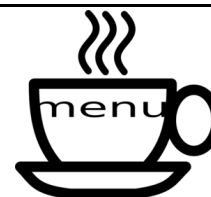
## June 2015 — Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a \*special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

Prices range from \$2.00—\$4.00. If the main entrée doesn't appeal, try a sandwich or salad option.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>No Lunch</b>	<b>2</b> <b>BACON WRAPPED CHICKEN</b> Potato Casserole Veggies Blueberry Buckle	<b>3</b> <b>POT ROAST</b> Mashed Potatoes and Gravy , Veggies Birthday Cake & Ice Cream	<b>4</b> <b>PEKING PORK</b> Fried Rice Slaw Butterfinger Cookie	<b>5</b> <b>TUSCAN GARLIC CHICKEN</b> Roasted Potatoes Apple Pecan Salad Fruit Pizza
<b>8</b>  <b>No Lunch</b>  <b>Family Concert</b> Bring a picnic dinner and enjoy music at 7:00 PM with the Fabulous Flynnstones	<b>9</b> <b>BARBACOA PORK SALAD</b> Peppermint Meltaway Cookie	<b>10</b> <b>LOADED CHICKEN SALAD</b> Chips Fruit Maple Bacon Cupcake	<b>11</b> <b>HIBACHI STEAK</b> Wasabi Mashed Potatoes Veggies Caramel Banana Upside Down Cake	<b>12</b> <b>FISH &amp; CHIPS</b> Coleslaw Banana Split Pie
<b>15</b>  <b>No Lunch</b>	<b>16</b> <b>ALABAMA SMOKEHOUSE BURGER</b> Oven Fries Apple Pie Lasagna	<b>17</b> <b>CHICKEN PARMESAN</b> Pasta Broccoli Berry Pavlova	<b>18</b> <b>BACON CHEDDAR MACARONI AND CHEESE</b> Roasted Veggies Mint Oreo Cupcake	<b>19</b> <b>SWEDISH MEATBALLS</b> Rice Green Beans Peanut Butter Cup Brownie
<b>22</b>  <b>No Lunch</b>	<b>23</b> <b>PARMESAN CRUSTED BEEF</b> Mashed Potatoes Veggies Vanilla Fluff	<b>24</b> <b>LASAGNA</b> Green Salad Breadstick Tiramisu	<b>25</b> <b>SHRIMP PO BOY</b> Chips Mojito Fruit Salad Toffee Crunch Cookie	<b>26</b> <b>SLOW COOKER PORK CHOPS</b> Wild Rice Brussels Sprouts Tropical Napoleon
<b>29</b>  <b>No Lunch</b>	<b>30</b> <b>BASIL LIME CHICKEN</b> Coconut Roasted Potatoes Veggies Fried Ice Cream Cake			